GOVERNMENT OF INDIA
DEFENCE
LOK SABHA

UNSTARRED QUESTION NO:1047
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Stress Level of Defence Personnel
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Will the Minister of DEFENCE be pleased to state:

(a) whether the Government has conducted any study to determine the factors causing stress among defence personnel;

(b) if so, the details and the outcome thereof; and

(c) the steps taken by the Government for minimizing stress level of defence personnel?

Answer

MINISTER OF DEFENCE (SHRI MANOHAR PARRIKAR)

(a) & (b): Defence Institute of Psychological Research (DIPR) under DRDO has carried out a number of studies from time to time on this subject details of which are as under:-

(i) Suicide and Fratricide in Counter Insurgency areas (December 2006);

(ii) Impact analysis of the study in counter insurgency areas (March 2008);

(iii) Suicide and fratricide in peace areas (December 2009);
(iv) Impact analysis in counter insurgency and peace areas (October 2010);

(v) Psychological autopsy of suicide cases (January 2011);
(vi) Suicide Risk Assessment Inventory (September 2012) and
(vii) Study of factors causing distress among young officers (2015).

Besides, Armed Forces Medical Research Committee has also conducted various studies regarding stress among Armed Forces Personnel, which are given below:-

(i) Presumptive Life Stress in Soldiers: A study to scale the life events.

(ii) Ecology of stress among serving soldiers.
(iii) Assessment of level of stress and to work out preventive measures against stress among troops in operations scenario.

(iv) Changes in stress markers and immune markers and their correlation amongst troops in counter insurgency operations scenario.

The general findings of the above studies indicated that occupational factors like increased workload, non-grant of timely leave, lack of adequate sleep and rest, staying away from home and not being able to attend to various pressing family issues were reported as some of the factors causing stress.

(c) The Government has taken a number of steps to reduce stress amongst defence personnel, which includes conduct of Yoga and meditation as part of unit routine, Psychological counseling by psychological counselors, liberalized leave policy, improvement in living and working conditions through provision of better infrastructure facilities, improved accessibility of leaders and frequent interaction among leaders and the led, provisions for sports and recreational facilities, various training on stress management, provision of married accommodation etc. Further, a High Powered Committee viz. Psychological Evaluation and Remedial Action Committee (PERAC) is also monitoring various actions in the field of stress management and suicide prevention regularly. The steps taken to reduce stress level amongst troops have had positive impact.

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